



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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HOLIDAY HAPPENINGS AT THE NEEDHAM SENIOR CENTER

HELP US DECORATE THE SENIOR CENTER FOR THE HOLIDAY SEASON

Wednesday, December 3rd
1:30 – 4 pm

At The Needham Senior Center

Calling all elves and the like... We need your expertise. Please help us decorate the Senior Center in Holiday Cheer. To keep us going we will be serving donut holes, eggnog and cider. As many of you know, our center is a home away from home so let's make our home sparkle this holiday season.

ANNUAL HOLIDAY PARTY **Wednesday, December 17th** **1:30 pm**

At The Needham Senior Center

Come one, Come all. Please join us for our Annual Holiday Party. The songsters will entertain us and get us in the holiday spirit! Enjoy the music or sing along. Feast on delicious desserts and enjoy a visit from a special guest!

NEW YEAR'S EVE DAY PARTY IT'S ENTERTAINMENT LIVE WITH THE BENDICITIS TWINS **Wednesday, December 31st** **1:30 pm**

At the Needham Senior Center.

There is no fee for this program.

Lyn and Jan, a popular identical twin duo, have performed at the Esplanade/Hatch Shell in Boston, on the Good Day Show and have been in numerous commercials. They are delightful divas that dazzle audiences with their five octave range and unique sister

blend. Their performance at the Senior Center will feature show tunes and musical comedy skits. Yummy cake to follow the event.

After the party, continue to enjoy Needham's First Night Activities, through the Needham Cultural Arts Council.

IN FOND REMEMBRANCE OF COA FOUNDER DR. DOROTHEA WILLGOOSE... **FITNESS FOR 50 AND BEYOND**

*Featuring Nationally Acclaimed Speaker,
Dr. Wayne L. Westcott, Ph.D.*

Tuesday, December 16th • 1:30 pm

At the Needham Council on Aging
and Senior Center.

Sign-up is Suggested.

There is no fee for this event.

Refreshments will be served.

We are pleased to announce that Dr. Wayne Westcott will be our guest speaker for the annual Dorothea Willgoose event. His presentation highlights the health value of strength training exercise in wellness and chronic disease prevention. Being young has less to do with our chronological age and more to do with our level of exercise age.

Dr. Westcott has served on the editorial boards of Prevention, Shape and Fitness Management magazines and he is the recipient of many awards and has written numerous books. Through the efforts of Dr. Dorothea Willgoose, The Needham Council on Aging was established in 1957 and it was the first formally established Council on Aging in Massachusetts.

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

In 2006, a decision was made to redesign the Senior Compass in a more attractive way and to mail it out to all senior households (over 4,000) in Needham. We have been delighted with the results and with the positive responses we have received about the newsletter. However, it is consuming the financial resources of the Friends and, therefore, we are unable to support some of the projects for the Senior Center as we have in the past when we funded or purchased the room divider, freezer, computers, coffee pot, etc.

We are therefore writing to ask you to become a member of Friends of the Needham Elderly (FONE) by paying your 2009 membership dues so we can continue to send the Compass to the seniors and their families in town and provide the additional items which the Center may need to make it a warm and comfortable place. We also provide wonderful day trips and weekend trips that we want to continue to support. These trips have become increasingly expensive, and we want them to be affordable to all.

If you send in your membership by **January 15th**, you will be eligible to participate in a drawing to win one of fifty, \$10 gift certificates from a Needham restaurant! You will therefore benefit from this incentive, not only by enjoying a very nice lunch or dinner, but also by knowing that you have helped to enhance the Senior Center, enabled a friend or neighbor to enjoy a trip, and made the Senior Compass available to all.

Thank you, in advance, for your support. **You will find an envelope enclosed.** If you are a lucky winner of a certificate, it will be mailed to you after January 15th.

Friends of the Needham Elderly Board Members

Ann, Sylvia, Pat, Jan, Eileen, Jay, Isabel, Mike

LAUGHING MATTERS, A LUNCH AND LEARN LECTURE

Presented by Sandra Boris Berkowitz, M.Ed, LRC, Certified Laughter Yoga Leader

Tuesday, December 9, 2008 • 12:00 – 1:30 pm

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

In today's world too often laughter is absent from our daily encounters. Laughing Matters is dedicated to the idea that we can make laughter a daily part of our interactions and in the process, build a healthier, less stressful outlook on life. A Laughing Matters workshop will lead participants through a series of exercises incorporating laughter, chanting, relaxation breathing, and singing. You are cordially invited to welcome laughter into your life. "Laughter is an instant vacation." ~ Milton Berle. After the program, lunch will be served.

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DEAR FRIENDS,

The day that I am writing this happens to be Election Day and being a polling site the Stephen Palmer Senior Center is very busy. I was brought up to feel privileged to have a voice and a vote and it is good to see so many citizens coming out today. Over the last months I have overheard many discussions regarding the Questions and Candidates under consideration. It goes without saying that not everyone agrees about the important issues but I am pleased to see others exercising their gift and shouldering the decision making responsibility for moving forward.

When we wake up tomorrow big decisions will have been made. Regardless of the outcome as we go into the future we need to try to remember to get some enjoyment out of every day, to be open to learning new things and most importantly to value and support those around us. The Holiday Season is upon us and I for one will attempt to remember and to meet the New Year with a positive attitude for the future.

Jamie

BOUTIQUE NEWS

THANK YOU to all who helped make the Elite Boutique sale a success. A special thanks to the Boutique staff for endless hours of support. We sold many hand crafted items made from the yarn and fabric you donated. The NEW re-gifted items were a big seller. The baked goods were terrific. We continue to accept NEW re-gifted items, yarn and cotton or cotton/poly fabric (no wool please). We will announce the tally of our sales in the January Compass!

Thank You,
The Boutique Committee

TRIPS

December 4th we are planning to attend a gala Holiday Party and Luncheon at Luciano's with lots of fun, a fabulous show and a Holiday Gift. This trip will cost \$59. Please, bring a friend and sign up early.

FRIENDS DONATIONS

- | | | |
|-----------------------------|---------------------------------------|---------------------------|
| • Deborah Almy | • Mildred Graf in memory of John Graf | • Joseph and Nancy Mucci |
| • Gerald and Betty Anderson | • Michael Heffernan | • Helen Marsman |
| • Mary A. Bianchi | • Priscilla Littman | • James Hugh Powers |
| • Mildred Brooks | • Ruth MacIntosh | • Domenic and Alice Prato |
| • Diana Cherot | • Robert E. McManus | |

NEEDHAM COUNCIL ON AGING AND SENIOR CENTER DONATIONS

- | | | |
|---------------------------------|-----------------------------|--|
| • Stephen Catanich | • Mitchell Kurker | • In Memory of Frank Farrar |
| • Mr. and Mrs. Kenneth Chambers | • Vivian McIver | • Alvera Emanuello in Memory of Mother |
| • Rhoda Goldberg | • Mr. and Mrs. Paul Nichols | |
| | • Eleanor Peterson | |

THE DTV CONVERTER BOX AND THE COUPON PROGRAM

A digital-to-analog converter box is a signal to your existing analog television set. These boxes will cost between \$50 - \$70 and will be available for purchase in 2008. U.S. households can request up to two coupons valued at \$40 each. Each coupon can go toward the purchase of a single set-top converter box. To obtain an application/request form for the coupons contact the Outreach department: at 781-455-7555.

TRANSPORTATION

Transportation is provided to Needham senior residents from their home to the Senior Center and from their home to the grocery store, and home again via our own van. Please contact Penny Gordon, 781-455-7555 X 204 for more information.

WHO CAN BECOME A FRIEND? ANYONE!

You do not need to use the Senior Center or be a Senior to be a Friend.

JOIN TODAY!

Please use the enclosed envelope for your convenience.

COMPASS COLLATING

**Tuesday, December 23rd
9:30 am**

at The Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

NEEDHAM COUNCIL ON AGING AND SENIOR CENTER

As you may or may not know, the Needham Council on Aging and Senior Center does not receive funding for recreational programming. Our greatest attempt is to recruit volunteers to teach or lead programs. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

LIFE LONG LEARNING AT THE NEEDHAM SENIOR CENTER

ART HISTORY

MUSIC AND DANCE

Wednesday, December 3 • 10:30 am

Please note location is off site:

Avery Crossings, 110 West Street

Pre-registration is recommended.

Cost of the program is \$4.00.

The human brain is an amazing thing. We use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us hear, and dance and connect to the world and our own lives.

About the Presenter: Jane Blair, an art educator is the founder of an art awareness program, Art Matters. Ms. Blair has a bachelor's degree of Fine Arts from Boston University and a master's degree in Fine Arts from the University of Illinois. She teaches art at DeCordova Museum Art School in Lincoln, MA.

MUSIC GREATS

IRVING BERLIN

Monday, December 1st • 1:30 pm

At the Needham Senior Center

Pre-registration is recommended.

Cost of the program is \$4.00.

A one hour program dedicated to the life, works and songs of Irving Berlin. Jack Craig will trace Mr. Berlin's rise, work with legendary performers and the musical spell he cast over America. Jack Craig will also perform some of the 300+ songs created by Irving Berlin.

About the Presenter: Jack Craig earned a Music Education Degree from Lowell State College. Jack spent 32 years teaching. Over the past ten years, he has created, 'Music with Class!' His programs express his passion for music, and have inspired 'new generations' to love these music greats.

MONDAY'S LUNCH BUNCH

Meet at the Needham Senior Center.

Sign-up is recommended

GRASSFIELDS, WALTHAM

Monday, December 1

JOYFUL GARDEN, BRIGHTON

Monday, December 8

WATCHHILL BREW HOUSE, WALTHAM

Monday, December 15

WEST, WEST ROXBURY

Monday, December 22

THE CHATEAU, WALTHAM

Monday, December 29

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am. Board our van and enjoy the ride. To sign-up call 781-455-7555.

TRIVIA GROUP'S FIRST MEETING, ALL TRIVIA BUFFS WELCOME

Wednesday, December 10th at 1:00 pm

At the Needham Senior Center

Join us for an enjoyable afternoon of trivia games. Meet other trivia buffs and try to stump one another with your favorite trivia questions. This group is for anyone who loves answering or researching trivia and enjoys answering, asking or learning new trivia.

GOOD DEEDS CLUB: SANTA'S WORKSHOP IS NOW IN PROGRESS

#1. DROP OFF ITEMS TO THE NEEDHAM SENIOR CENTER

November 24th – December 12th

To make small gift packages we are in need of: Small Kleenex Packages, Zip Lock Sandwich Bags, Christmas Stickers, Yarn, Individually Wrapped Cookies or Candy Bars, Small Toy and/or Little Doll (Smaller than 6 inches), Small Set of Colored Pencils and Crayons, Small Comb, Toothbrush, Soap etc. If you would like to donate any or all of the items above, please drop off items to the Needham Senior Center. Your generosity will be reflected in the joy such a small gift means to a poor child.

#2. HELP US PUT TOGETHER EASY TO MAKE GIFTS FOR CHILDREN

Monday, December 8th • 1:00 pm

This year we will be making small gift bags that will be distributed to the Children of the Christian Appalachian Club. We welcome anyone who would like to help us. On Monday we will assemble small gifts, such as putting together yarn dolls, making bookmarks and writing cards to the children. If you wish, bring your own supplies to make various kinds of crafts or small gifts.

#3. SANTA'S ASSEMBLY LINE

Monday, December 15th • 1:00 pm

On Monday we will gather together for fun and good cheer as we fill the gift bags with all the items for the children.

MOVIES AT 1:00 PM

At the Needham Senior Center

MONDAYS

December 8th

Charlie Wilson's War (2007)

December 15th

Autumn Hearts:
A New Beginning (2007)

December 22nd

White Christmas (1954)

December 29th

Monster House (2006)

FRIDAYS

December 5th

Waitress (2007)

December 12th

George Balanchine's The Nutcracker
(1993)

December 19th

Moonstruck (1987)

December 26th

Elizabeth: The Golden Age (2007)

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

BEGINNER MAH JONG CLASS

Are you interested in learning Mah Jong? After four sessions you will know if Mah Jong is for you. Mah Jong involves playing with tiles and the class is taught by an experienced teacher. A modest fee of \$20 for all 4 sessions is due on the first class. For dates and times of classes call the Needham Senior Center at 455-7555.

KEEP WELL CLINICS FOR DECEMBER

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

December 3rd

10:30 am - 12:00 pm

Seabed's Way Community
Room (BOH)

December 3rd and 17th

9:00 am - 12:00 pm

Senior Center

December 24th

10:30 am - 12:00 pm

Linden & Chambers
Community Room (BOH)

EXERCISE CENTRAL

To sign-up or obtain more information call, 781-455-7555.

Senior Aerobics with Lisa

8 weeks, \$32.00

Tuesdays, 3:15 begins: ongoing

Better Balance with Leslie

8 weeks, \$50.00

Wednesdays, 2:30 begins:
ongoing

Tai Chi with Scott

8 weeks, \$32.00

Mondays, 9:00 begins: Jan. 5th

Senior Strength with Pearl

8 weeks, \$32.00 or
\$64.00 for both

Mondays, 10:15 begins: Jan. 12th
Fridays, 9:00 begins: Jan. 9th



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER

83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:

9:00 am - 4:00 pm
Monday thru Friday

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

SHINE UPDATE

NEED HELP UNDERSTANDING 2009 MEDICARE PLANS?

We are in the middle of the Medicare **Annual Open Enrollment period, which lasts until December 31**. During this time, all Medicare beneficiaries can change their Medicare health coverage as well as their Medicare Prescription Drug Plans (Part D Plans). Check that your drugs will continue to be covered by your drug plan and how much they will cost you (your co-payments) in 2009. Most plans have increased monthly premiums, but a number of plans have significantly increased co-payments.

The good news is that help is available:

- Call your **local Senior Center (Council on Aging)** and ask for a SHINE appointment. Specially trained SHINE volunteers offer free, confidential counseling to seniors and anyone on Medicare.
- You can also call Medicare at 1-800-MEDICARE (1-800-633-4227), or consult www.medicare.gov, or call MassMedLine at (866) 633-1617.

VOLUNTEERS SOUGHT:

- Receptionist: Friday afternoons 12:30 - 4 pm
- Meal Site Volunteer: Weekday(s) 10:00am – 12:30pm
- B.A.G.S. Shopper Assistant
- Friendly Visitor
- Lead a foreign language discussion group (French, Yiddish, Russian, etc.)
- Please contact Penny – 781-455-7555 x 204

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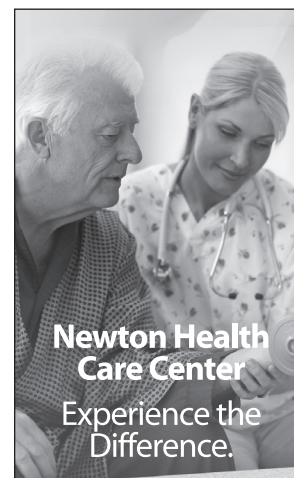
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for a tour!**

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DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Grassfields, Waltham 11:45 Lunch: Pot Roast or Chicken Patty Sandwich 1:00 Bridge – Men 1:30 Music Giants	2 9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:45 Lunch: Pier 17 Fish or Turkey and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Exercise with Lisa 3:15 Exercise with Lisa	3 9:00 Keep Well Clinic 9:00 Exercise 10:00 Computer Class 10:00 Hearts Card Game 10:30 Art History #3 11:45 Lunch: American Chop Suey or Egg Salad Sandwich 1:00 Bridge – Men 1:30 Decorate the COA NO BETTER BALANCE CLASS TODAY	4 9:00 Trip: Bright Nights & Yankee Pedlar Inn 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Creamy Country Chicken or Roast Beef and Swiss Sandwich 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1 TRIP	5 9:00 Exercise with Pearl 10:30 Exercise 11:45 Lunch: Vegetable Cheese Quiche or Tuna Salad over Mixed Greens 12:00 Computer Lessons 1:00 Movie: Waitress 1:00 Board Games 1:00 Bridge – Men
8 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Joyful Garden, Brighton 11:45 Lunch: Hawaiian Ham or Seafood Salad Sandwich 1:00 Bridge – Men 1:00 Good Deeds: Santa's Workshop 1:00 Movie: Charlie Wilson's War	9 9:15 Bridge – Women 9:15 Yoga 10:30 Creative Writing Group 11:45 Lunch: Turkey Stew or Roast Beef and Cheese Sandwich 12:00 Lunch and Learn: Laughing Matters 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Exercise with Lisa 3:15 Exercise with Lisa	10 9:00 Exercise 10:00 Computer Class 10:00 Hearts Card Game 11:45 Lunch: Chicken Fajita or Turkey and Cheese Sandwich 1:00 Bridge – Men 1:00 Trivia 2:30 Better Balance	11 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Salisbury Steak or Chicken Salad on Lettuce 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	12 9:00 Exercise with Pearl 10:30 Exercise 11:45 Lunch: Broccoli Cheese Fish or Egg Salad Sandwich 12:00 Computer Lessons 1:00 Movie: George Balanchine's The Nutcracker 1:00 Board Games 1:00 Bridge – Men
9-4 Pool Tournament 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Watchhill Brew House, Waltham 11:45 Lunch: Baked Fish or Ham and Cheese Sandwich 1:00 Bridge – Men 1:00 Movie: Autumn Hearts: A New Beginning 1:00 Good Deeds: Santa's Assembly Line	16 9:15 Bridge – Women 9:15 Yoga 10:30 Current Events 11:45 Lunch: Holiday Special: Stuffed Chicken, White Sauce, Baked Potato, Peas & Mushrooms and Candy Cane Mousse 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 1:30 Willgoose Lecture: Fitness for 50 and Beyond NO EXERCISE WITH LISA TODAY	17 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:00 Computer Class 11:45 Lunch: Penne Pasta or Tuna Salad on Lettuce 12-4 Pool Tournament 1:00 Bridge – Men 1:30 Holiday Party NO BETTER BALANCE CLASS TODAY	18 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Hot Dog or Turkey Salad on Lettuce 12:00 Computer Lessons 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	19 9:00 Exercise with Pearl 11:45 Lunch: Roast Turkey Dinner or Chicken Salad on Lettuce 12:00 Computer Lessons 1:00 Movie: Moonstruck 1:00 Board Games 1:00 Bridge – Men
22 10:00 Walking Club 11:30 Lunch Bunch: West, West Roxbury 11:45 Lunch: Stuffed Pepper or Seafood Salad on Lettuce 1:00 Movie: White Christmas 1:00 Bridge – Men NO EXERCISE WITH PEARL OR TAI CHI CLASS TODAY	23 9:15 Bridge – Women 9:15 Compass Collating 10:30 Creative Writing Group 11:45 Lunch: Cranberry Chicken or Egg Salad Sandwich 12:00 Weight Watchers 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Exercise with Lisa 3:15 Exercise with Lisa	24 10:00 Hearts Card Game 11:45 Lunch: Lemon Pepper Fish or Roast Beef and Cheese Sandwich 1:00 Bridge – Men THE SENIOR CENTER WILL CLOSE AT 12:15 PM IN OBSERVANCE OF CHRISTMAS	25 SENIOR CENTER CLOSED IN OBSERVANCE OF CHRISTMAS	26 9:00 Exercise with Pearl 11:45 Lunch: Chicken Kielbasa or Turkey and Swiss Sandwich 12:00 Computer Lessons 1:00 Movie: Elizabeth: The Golden Age 1:00 Board Games 1:00 Bridge – Men
29 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: The Chateau, Waltham 11:45 Lunch: Spanish Style Chicken or Roast Beef and Swiss Sandwich 1:00 Movie: Monster House 1:00 Bridge – Men NO TAI CHI CLASS TODAY	30 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Fish and Cheese Sandwich or Chicken Patty Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Exercise with Lisa 3:15 Exercise with Lisa	31 10:00 Hearts Card Game 11:45 Lunch: Meatloaf with Brown Gravy or Chef Salad 1:00 Bridge – Men 1:30 New Year's Eve Party featuring the Bendiciti Twins! NO BETTER BALANCE CLASS TODAY	CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church 858 Great Plain Ave. Please Note: Items in bold indicate that sign-up is required.	



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www.needhamma.gov

Read this newsletter in your choice of easy-to-read formats.

FRIENDS OF THE NEEDHAM ELDERLY, INC.

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